

DO YOU LOVE YOURSELF?

LEARN HOW IN SIX STEPS

1: All feelings should be informational. Be willing to feel pain and take responsibility for your feelings. Own up to them!

2: Move into the intent to learn. Commit to learning about your emotions, even the ones that may be causing you pain so that you can move into taking loving action.

3: Learn about your false beliefs. Learn about your beliefs and behavior and what is happening with a person or situation that may be causing your pain.

4: Start a dialogue with your higher self. When your heart is open to learning, the answers will come.

5: Take loving action. Take one of the loving actions you identified in Step 4.

6: Evaluate your action and begin again as needed. Once you take the loving action, check in to see if your pain, anger, and shame are getting healed. If not, you go back through the steps until you discover the truth and loving actions that bring you peace, joy, and a deep sense of intrinsic worth.



RED FRUITS & VEGGIES

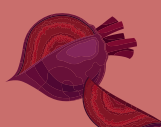
AND THEIR HEALTH BENEFITS

Apples



High in fiber, with 4g per serving

Beets



Rich in vitamin C, folate & antioxidants

Red Wine



Contains resveratrol, high in antioxidants

Cherries



Protects heart health & may prevent cancer

Red Peppers



High in vitamin C & carotenoids

Tomatoes



Packed with lycopene and vitamins C & K

WELLNESS WORKSHOP

VIRTUAL ART FIELD TRIP: WATER

presented by the McNay Art Museum

The connection between art and health & wellbeing is undeniable. Studies show creative expression helps maintain our immune systems and that art is clinically proven to reduce stress, elevate mood, and lower blood pressure.

Shake up screen fatigue with a participatory art break. McNay educators guide deep-dive exploration of three Museum masterpieces encouraging observation, questioning, and discovery. Appropriate for all ages, and no supplies needed.

LIVE WEBINAR
THURSDAY, FEB 11
1-2 PM



HEALTHY RECIPE

CHOCOLATE COVERED STRAWBERRIES

Satisfy your Valentine's Day chocolate cravings without all the extra added sugar while getting some high quality antioxidants at the same time.

- 1/4c (36g) cocoa butter
- 3tbsp (12g) raw cacao powder
- 1 1/2tsp of raw honey
- 20 fresh strawberries

To make the chocolate, melt the cocoa butter in a heatproof bowl set over a pot of simmering water. The bottom of the bowl should not touch the water.

Add the cocoa powder and honey and mix well to combine. Cool slightly then dip each strawberry into the dark chocolate.

Set strawberries on the parchment paper. Dip a fork in the remaining chocolate and drizzle the chocolate over the dipped strawberries. Refrigerate for an hour before serving.

